# FOOD AS THY MEDICINE: Top 10 foods that kick those cravings for sugar and junk science food stuff so you can keep living holistically

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There's a reason that one out of every three Americans is suffering from a preventable disease like obesity, Type 2 diabetes, cancer, heart disease or dementia. Junk food and junk medicine are marketed heavily and come with boatloads of misinformation and disinformation, leading consumers and patients off a steep health cliff. You can resist. You can overcome. You can heal. It's time to live holistically and sustainably, and all you need is to put these ten simple strategies in place daily. Here we go.

- **Fiber- and protein-rich foods curb cravings:** Options like berries, chickpeas, oats and chia seeds provide slow-digesting carbs, complete proteins, and gut-supporting fiber that balance blood sugar and reduce hunger-driven sugar cravings.

- **Healthy fats help with satiety:** Foods such as avocados, pistachios and olives deliver monounsaturated or polyunsaturated fats that promote fullness, regulate glucose-insulin balance, and support long-term health.

- **Micronutrients and bioactive compounds play a role:** Sweet potatoes (carotenoids), spirulina (vitamins, minerals, appetite control), and berries (polyphenols) influence brain chemistry, inflammation, and dopamine regulation to counter sugar addiction.

- **Protein-packed swaps prevent binges:** Unsweetened Greek yogurt and pistachios provide high-quality protein that supports neurotransmitter function, increases satiety, and reduces reliance on quick sugar fixes.

## Eat these 10 foods to crush cravings

Cutting back on sugar can feel nearly impossible, especially when cravings strike. But according to research in nutrition and food science, certain whole foods can naturally help the body resist those urges. By targeting satiety, balancing blood sugar, and supporting gut and brain health, these foods act as tools to overcome sugar dependence. Here are ten nutrient-rich options you can find in any supermarket that science shows can reduce cravings.

1. **Berries**

   Unlike higher-sugar fruits, berries are low on the glycemic index, rich in fiber, and hydrating. They create a gentle insulin response while delivering antioxidants and polyphenols that decrease gut inflammation, a factor often linked with sugar addiction. Enjoy them in sauces, teas, or yogurt bowls.

2. **Avocados**

   Avocados combine fiber and healthy monounsaturated fats, which enhance satiety. Clinical trials show that meals containing avocado boost satiety hormones more effectively than carb-heavy meals, leaving you less likely to reach for sweets. They can be blended into smoothies, pestos, or dressings for versatility.

3. **Pistachios**

   These protein-packed nuts supply amino acids that support neurotransmitter balance, which reduces addictive cravings. Studies link pistachio consumption with improved heart health, weight management and lower sweet intake. A handful or homemade trail mix can be a satisfying alternative to candy.

4. **Chia Seeds**

Chia seeds are complete plant proteins rich in omega fatty acids. Their lipid profile helps stabilize blood sugar and sustain energy, making them an excellent choice for long-term craving control. Add them to oatmeal, toast toppings or puddings.

5. **Chickpeas**

   A staple legume in many healthy diets, chickpeas are high in both soluble and insoluble fiber, which support a diverse gut microbiome. Since gut bacteria influence cravings via the gut-brain axis, chickpeas help regulate hunger signals while adding plant-based protein to meals.

6. **Oats**

   This whole grain provides both fast- and slow-digesting carbs, preventing fatigue-driven sugar cravings. Oats are also rich in beta-glucan fiber, which reduces blood glucose spikes and cholesterol levels. They can replace refined flours in recipes or bulk up meals.

7. **Olives**

   Olives supply polyunsaturated fatty acids that support glucose-insulin balance, critical for reducing cravings tied to insulin resistance. They also promote cardiovascular health. Use them in tapenades, salads, or cheese boards for flavor and function.

8. **Sweet Potatoes**

   Beyond their fiber content, sweet potatoes are rich in carotenoids, including precursors of vitamin A, that support cognitive function and help regulate dopamine release. Since sugar spikes dopamine, sweet potatoes can rebalance brain chemistry while providing slow-digesting energy.

9. **Greek Yogurt**

   Unsweetened Greek yogurt offers complete proteins that keep you fuller longer. Research shows high-protein meals reduce appetite and support healthy weight management, reducing late-night sugar binges. Swap it for sour cream or use it in dips and snacks.

10. **Spirulina**

This nutrient-dense algae contains essential vitamins and minerals and has been shown in controlled studies to reduce appetite and improve lipid levels. Adding even small amounts to smoothies or spreads can suppress cravings while boosting nutrition.

## Let's wrap this up without chemicals, junk science or junk medicine

Overcoming sugar addiction doesn't require deprivation — it requires strategy. By choosing foods that regulate appetite, stabilize blood sugar, and nurture gut and brain health, cravings naturally diminish. These ten everyday foods prove that science-backed nutrition can help rewire the body away from sugar dependence toward long-term health.

Tune your food news frequency to FoodSupply.news and get updates on more junk science food stuff, like high fructose corn syrup, that corporate America loads the grocery store shelves with to drive up chronic diseases and disorders so Big Pharma can take your money.

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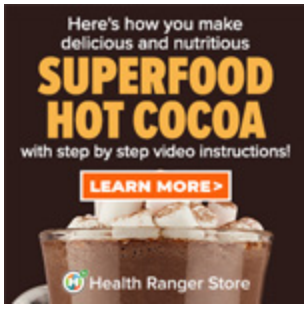

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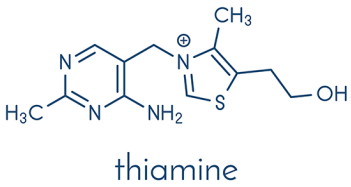

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